

ANNUAL NARRATIVE REPORT

MARIEL HOPKINS

HOME DEMONSTRATION AGENT

YUMA COUNTY
ARIZONA

December 1, 1942 - November 30, 1943

Miss Mariel Hopkins
Home Demonstration Agent
Yuma, Yuma County, Arizona
1943

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of

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Yuma County

C. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS

Adult Work

Eight Home Demonstration Clubs have held one hundred fifty-one meetings during the year with a total attendance of 1622. Of these meetings, seventy-four were attended by the Agent and had a total attendance of 814. The remaining seventy-seven meetings were conducted by local leaders. One club, that at the F.S.A. Migratory Camp, was discontinued because of war labor demands, but a new club in the South Gila Valley was organized to keep the total number of clubs the same as in 1942.

A county-wide program in clothing and nutrition was planned with the State Office and has been carried out. All clubs have followed a scheduled plane in programs with modifications to meet war needs when advisable.

There have been organizations such as the District Federation of Womens Clubs, County Teachers Association, American Red Cross, United Service Organization, Yuma Delta Club, Church organizations, which have called upon the Agent for method demonstrations and leader service.

Nutrition

The State Specialist has spent a total of three days in the county and eight communities were reached through the medium of local leader meetings. After attending a regional training meeting in Phoenix with the Specialist in charge, the Agent conducted a series of meetings in lieu of the Specialist.

The Agent has conducted method demonstrations as follows:

Home Production of Family Food Supply	20
Food Preservation and Storage	39
Food Selection and Preparation	21
General Nutrition	16

In all there have been 96 method demonstrations with a total attendance of 1056.

While transportation difficulties have prevented large meetings, community leaders have shown increased interest and have disseminated information. Particularly has this been true of food production and preservation subject matter.

Specific advice for Victory Gardens has been the prerogative of the County Agricultural Agent. However much has been done, through Home Demonstration Clubs, to stimulate bigger and better gardens.

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C. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (Cont'd)

Nutrition (cont'd)

Yuma County rural women have materially increased their food preservation over all previous years. For the eight Home Demonstration clubs this amounted approximately to:

65000 quarts canned vegetables, fruits, meats
15000 containers jam, jellies, marmalade
5000 pounds frozen perishable foods
2500 pounds dehydrated perishable foods

The above figures do not include results from work with groups and individuals other than Home Demonstration.

The Home Demonstration Agent has served as chairman of the Advisory Committee to the rationing of new pressure canners through the U.S.D.A. War Board. Seventy-four permits have been issued.

Clothing

The Specialist has spent 10 days in the county, and nine communities have been reached through the medium of local leader meetings. Subjects covered by leader meetings were: Care of Clothing, "Dry Cleaning"; Repair of Clothing, "Mending"; Construction of Clothing, "Tailoring" and "Dress Making". It is estimated that one hundred and twenty-five rural women have adopted practices of "Dry Cleaning" as a result of the meetings and such practices are increasing. Practices adopted from the other meetings are estimated to be equally as many.

In addition to work on the above, the Agent has responded to special requests for method demonstrations on the construction of dress forms, kid gloves.

Because of the present emergency in Yuma County, Home Demonstration Clubs have done Red Cross sewing during the year. More than 800 garments have been completed.

Home sewing has been greatly increased during the year. The Agent has personally given many helps and suggestions. However, Home Demonstration Club members in every community have functioned to bring about practices taught by Extension for many years past.

Home Management and Family Economics

Household accounts are being kept by practically all Home Demonstration Club members. The practice is in part due to the effort of the Agent during the current year and previous years, and partly because of the necessity of making income tax returns.

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C. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (Cont'd)

House, Furnishings and Surroundings

The making of slip covers and re-upholstery of furniture is practiced in all communities as a result of Home Demonstration work. Many of these practices are a result of demonstrations in previous years. During the current year six such demonstrations have been held.

As a follow-up of the mattress program, the Agent has given special help to five groups who have made mattresses, furnishing their own materials.

Contribution to the War Effort

The Agent has been called upon to do many things of a war emergency nature. Not only has all work, nutrition, clothing, home management, been influenced in its subject matter, but the Agent has been the rural woman's representative for emergency organizations in Yuma and vicinity. Twenty-four days have been devoted to war programs proper.

Junior Work

A total of twenty-two 4-H Clubs in Clothing, Meal Planning, Canning and Victory Achievement were supervised by the Agent. Two hundred and thirty-eight girls completed their projects.

Local Achievement days were held for all clubs with the exception of Salome in the northern part of the county. For this club, records were mailed to the Agent and in return ribbons and pins were mailed to the girls. A special County Achievement program was held for the purpose of showing county winners in the following: Dairy Foods Demonstration; Clothing Achievement; Dress Revue; Record; Food Preparation; Canning; Victory Achievement.

One of Yuma County's 4-H Girl Club Leaders has received one of the state jeweled Leadership pins in recognition of outstanding service.

Statistics

From the statistical report is the following:

Days spent in Adult Work (total for year)	190
" " " 4-H Club Work " " 2	95
" " " Office work " " "	52
" " " Field " " "	233
" " " Projects		

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C. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (Cont'd)

Statistics (cont'd)

Organization and Planning	53
Nutrition	96
Clothing	106
Housing, Farmstead Improvement and Equipment	6
War Programs.	24

(a) Local Factors Influencing

In war or peace, the work of the Home Demonstration Agent in Yuma County is modified with local conditions, most of which have to do with topography and climate. For that reason a brief explanation seems justified. While the total acreage of Yuma County is in round figures six million, or one-twelfth of the acreage of the entire State of Arizona, the total acres on which cultivated crops are grown is between one and two per-cent of the total. The low percentage of soil under cultivation is due to unusued land which is divided into soil highly productive but without water supply, and hard pan plus caliche desert soil including small mountain ranges of comparatively low elevation. While the war is bringing more than its share of changes to Yuma County, still as far as can be estimated of the land under cultivation, approximately thirty per-cent is farmed by tenants while the remainder is owner operated. There is a high percentage of shifting rural population. These factors; that is, distances to travel and large transient population, make follow-up checks of much more than average difficulty and mean that the local leader can not function as effectively as in many other localities.

In some localities in Yuma County the soil and water are of such mineral content as to make the growing of a home vegetable garden very difficult. Because until the year 1942 vegetables were available in our Yuma markets in good variety and for much less than these particular communities could produce them (irrigation costs, etc), the practice of home gardens was confined to the Yuma Valley and communities where the salt soil is not prevalent. With the changes in the truck gardening business which the present emergency has brought about, renewed efforts have been made to grow home vegetable gardens. The results are told later.

The desert area of Yuma County is located in the heart of the County, dividing it into two distinct divisions known as the Northern Part and the Southern Part. To reach the Northern Part of the county a graveled road with many dips of from seventy to one hundred and twenty miles must be traversed. Since the trips are very hard on rubber, travelling has been curtailed with consent of the State Office. During the current year two trips have been made to the Vicksburg, Salome, Wenden areas, but no trip has been made to the Parker area.

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C. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (Cont'd)

Local Factors Influencing (Cont'd)

Another local factor influencing Home Demonstration Work in Yuma County is the Mexican population. Approximately one-third of the county is Mexican. Of these Mexicans only a small percentage (approximately seven percent) are naturalized. These are highly patriarchal in family life. This accounts for the fact that while the children are accessible for extension work through the schools, the women are practically unapproachable. There are, however, some women in our Home Demonstration Clubs who speak Spanish and who have acted as interpreters in all community projects. Mention should also be made of the Indian population. There are two Indian Reservations as follows: (1) The Cocopah Reservation, located in the lower Yuma Valley; (2) The Colorado River Agency located at Parker. There is also the Fort Yuma Indian Agency located on Indian Hill, in California, directly across the River from Yuma.

(b) Form of Organization.

The Home Demonstration work is organized under two headings as follows:

- (1) Work with Adults through regularly organized Home Demonstration clubs; through clubs other than those primarily organized for Home Demonstration work; through home visits, office and telephone calls; through letters, newspaper articles and radio talks.
- (2) Work with Juniors through regularly organized 4-H clubs.

Regularly organized Home Demonstration Clubs include the following centers: (1) Roll-Tacna-Wellton; (2) North Gila; (3) Somerton and Gadsden; (4) Rood; (5) Mesa and Sunnyside; (6) Crane; (7) South Gila; (8) Vicksburg-Salome-Wenden. As previously explained, the Parker center has not been visited. However, Parker home makers have been contacted with bulletin material, etc. The Farm Security Administration Labor Camp has been largely taken over as a center for housing imported laborers, so the club necessarily has been discontinued for the duration.

The Agent works through many organized clubs in the city of Yuma and vicinity, among which may be mentioned the home-maker section of the Senior Delta Club; the Wednesday Afternoon Club; the Business and Professional Women's Club; Junior Delta Club; In addition she is occasionally called on for help from the local chapter of the American Red Cross; the Women's Auxiliary of the American Legion; Church organizations; Farm Bureau Associations; Camp Fire Council; District Federation of Women's Club; County Teacher's Organization.

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C. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (Cont'd)

(b) Form of Organization (cont'd)

All Home Demonstration Clubs have a roster of members in the Agent's office and notices of meetings are sent to each member.

As nearly as possible, programs for the clubs have been planned on a yearly basis and have centered around the work of the Specialists given in the local leader meetings and carried back to the individual clubs by the leaders and the Agent. However, attention has been given to the requests of the clubs that have arisen other than these subjects and particularly this year when we have been at war have Red Cross sewing and such measures as conservation been included.

The work entails in addition to regular meetings many home calls, telephone calls, conferences, publicity measures etc. The Agent is sorry to report that due to a change in policy at Yuma County's KYUM Radio Station, she has been permitted to make but five broadcasts during the year. It is hoped that this number may be increased in the future. The station is on the National Blue Network and practically all homes in the vicinity stay tuned to the station. It is, therefore, a valuable means of disseminating timely subject matter.

Because of the local need, the Agent has again assumed leadership for war emergency canteen and nutrition instruction. In 1942 a group of rural and urban women completed a twenty-hour course in nutrition and one of like length in canteen with the Agent as instructor. This group remains organized for function in disaster.

As in past years, an effort has been made to supply home makers with the latest published material in the Home Demonstration field. This has been done through distribution of bulletins at meetings, etc. Material is also mailed upon request. Such requests have greatly increased this year as compared to previous years.

The County newspaper continues to be most helpful in forwarding the work in the county. Meetings have been announced, including special meetings, and visits of Specialists to the county. The Agent has from time to time furnished articles as the need has arisen.

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C. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (Cont'd)
(c) Table showing program as planned and achieved in Yuma County, 1942-1943.

PROJECTS	NUTRITION	CLOTHING	HOME M'N'G & HOME FURNISHINGS	COMMUNITY ACTIVITIES
No. Groups Planned	11	11	6	11
	Roll-Wellton Gadsden North Gila South Gila Rood Crane Sunnyside Somerton Vicksburg-Salome- Wenden Yuma Yuma Mesa	Roll-Wellton Gadsden North Gila South Gila Rood Crane Sunnyside Somerton Vicksburg-Salome- Wenden Yuma Yuma Mesa	South Gila Rood Somerton Yuma Roll-Wellton Gadsden	Roll-Wellton Gadsden North Gila South Gila Rood Crane Sunnyside Somerton Vicksburg-Salome- Wenden Yuma Yuma Mesa
No. Groups Achieved	11	11	6	11
Individuals Enrolled	522	539	267	725
Value in Aggregate	See pages 214 Improved nutrition standards; more gardens; more food preservation; co- operation with war activities (conservation etc)	See pages 305-38 Better clothing standards; econo- mic gains (care and repair of clothing); coop- eration with war activities	See pages 336-40 Better operated homes; economic gains; cooperation with war activities	See pages 406-43 Maintaining county quotas, etc.

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D. PROGRAM OF WORK

(A) Factors considered and methods used in determining Program of Work.

Following the policy of previous years, the Agent has made an effort to keep the program of work as nearly uniform as possible because it is realized that more effective work can be done if interests are not too divided. However, this effort has not interfered with the established plan of having programs result from conference with club leaders as well as other leading women in the county, and from constant queries put to women in attendance at the meetings as well as from constant study of local conditions.

This year, there have been an unusual number of modifications necessary because the women in the county have been anxious to conform to the war effort. This has meant that certain projects have been carried through even though they were not state projects because the women felt that they needed the help. An illustration of this is the continuation of the dressform project later described and the garment construction work in cooperation with the Red Cross Chapter.

However, with these modifications, there has been a continued interest and functioning of the local leader movement which began in Yuma County in the fall of 1939. This, of course, has been done in cooperation with the state staff and after plans had been formulated at the state conference for Home Demonstration workers. Because Yuma County has had Home Demonstration work since it was first inaugurated into Arizona and because previous discussion of the local leader movement had not met with favor, the Agent has, from the beginning, made a special effort to make the surroundings as pleasing as possible for an added appeal.

This year, however, it has been necessary to curtail travel as much as possible. Meetings have not been held in the Agent's home as in previous years but have been divided as follows:

- (1) Methodist Assembly room in Somerton
- (2) Water Users office in Roll.

Even with this modification, difficulty of transportation and pressure of work at home has meant that communities have not been as completely represented at the local leader meetings as before the war. As before stated distances are greater in the county than in many other sections, and women even though much interested in the work, have in many instances found it necessary to save gas for bare necessities. The rural women have without exception had added home responsibilities. However, communities have been reached, if not by Leaders, by the Agent. Clubs receiving the program of the Specialists by this method are Roll-Wellton Home Demonstration Club; Gadsden Home Demonstration Club; North Gila Home Demonstration Club; Crane Demonstration Club; Rood Home Demonstration Club; Mesa-Sunnyside Home

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D. PROGRAM OF WORK (Cont'd)

(a) Factors considered and methods used in determining Program of Work (cont'd)

Demonstration Club; Somerton Women's Clubs; Senior Delta Club; Vi-Sa-Wen Club.

(b) Influence of State and National Agricultural Agencies.

These Agencies may be listed chiefly as: (1) Farm Bureau; (2) Farm Security Administration; (3) Agricultural Adjustment Administration. While Home Demonstration Service in Yuma County is quite distinct from these agencies, yet there has not been a month when some correlation has not occurred. It comes naturally rather than from being planned.

The independence comes from the fact that the office of the Home Demonstration Agent is in her own home. This came about originally because of the crowded condition in the County Court house which did not permit suitable housing space. The present plan continues to be very satisfactory. She has her material organized for ready access and home conditions facilitate the working up of illustrative material, etc. The office is equipped with a telephone and she is within working distance from the County Court House where the County Agricultural Agent has his office and where the Home Demonstration Agent goes for stenographic service and for conferences with the County Agricultural Agent.

The Agricultural Adjustment Administration office is in the same room as the County Agricultural Agent and the Home Demonstration Agent relies in many instances upon the personnel of the AAA for information in the operation of her program. A specific example of cooperation this year has been the certification of pressure canners because the County AAA Secretary is also Secretary of the County USDA War Board.

Yuma County has had two women employed by the Farm Security Administration; one of these is the Home Management Supervisor who works with clients throughout the county, as well as in certain sections of California, for the first half of this year; the other was the Home Management Supervisor located at the Farm Security Labor Camp near Somerton. Both of these supervisors have been very cooperative. During the first half of the year the Agent held meetings on Food Preservation and on Clothing at the Camp in cooperation with the supervisor. But since the Camp has been housing imported farm labor (male) from Mexico, meetings have not been feasible.

Members of the Farm Security Client families are a part of the membership of all Home Demonstration groups, whether adult or 4-H. The Agent knows this because of previous work with the Farm Security Administration, or because the individual tells it rather than from any questioning on her part.

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D. PROGRAM OF WORK (Cont'd)

(b) Influence of State and National Agricultural Agencies (cont'd)

Farm Bureau meetings in the county have been curtailed this year because of the war emergency. Even though she would very much have liked to do so, the Agent has not attended those Farm Bureau meetings which have occurred, the reason being mileage expense. The Farm Bureau has been very cooperative with Home Demonstration work, however. It has at times made contributions when funds were necessary.

(c) Project Activities and Results

I. Organization

Sub-Project A. Farm Organization

The town of Yuma is the center of interest for all the Southern part of the county. Rural people without exception come to Yuma for shopping and a large percentage of them have business interests in Yuma. The civic interests of the town all have part membership from the rural communities. For this reason, in carrying out the program in Yuma County, the Agent has deemed it wise to consider the county as entirely rural.

The needs of the communities are varied and so the Agent can in no way limit her services to being a specialist in one line of work.

There is a high percentage of very well educated women in the clubs with which she works so she must ever be on the alert that the material she gives is up-to-date and sound. This also operates to make the data given, adopted for use. The Agent finds that practices are quickly worked out by the groups in question to incorporate needs in a practical way. As a whole, the county is very reticent to do anything from a campaign angle, but people are serious minded and energetic in making the most of any opportunities for advancement which can be made practical. It is with this in mind that the Agent endeavors to make her program service really function.

During the current year those who have been selected to act as neighborhood leaders have made a conscientious effort to do what was expected of them. They have not spared themselves when there was a real need and something could be accomplished by the proposed contacts. Perhaps a brief review of the neighborhood leadership movement in Yuma County should here be given: The first effort in this movement came in June, 1942, as a means of getting county-wide practices for "Fire Prevention". Since the mimeograph material arrived from the state office after the extreme heat of summer had set in, and Home Demonstration clubs had adjourned for the summer, it was necessary to arbitrarily select leaders from the Home Demonstration memberships on file in the

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (Cont'd)

I. Organization (cont'd)

Sub-Project A. Farm Organization (Cont'd)

office. One hundred and fifty women were selected and this material sent with the request that they talk the check sheet on 'Fire Prevention' over with their neighbors. While the Agent knew this was not as thorough a method as the real plan for neighborhood leadership, it was the only feasible plan to follow at the time. True to form, there was a poor written response to the request because the women felt that when they had complied with the real purpose of the request, the written return was superfluous. However, many women told the Agent that they were very glad to have the check sheet and had removed fire hazards as a result.

In August of 1942 the Agent attended the State Home Demonstration Conference in Prescott with Miss Gladys Gallup of the United States Department of Agriculture in charge. Among the explanations of Home Demonstration procedure the one that stood out was the neighborhood leadership movement. Upon arriving back in Yuma, the Agent spent some time in making detailed maps of Yuma County as background material, and made several home visits to discuss methods of procedure with Home Demonstration Club officers. At that time, meetings were planned for all Home Demonstration Clubs early in September; the purpose of the meetings was to work out a system of neighborhood leaders, including all families in the communities involved.

The material on fat conservation arrived in August of 1942, before there was time for the meetings just referred to. The Agent consequently sent the fat conservation material with a letter of explanation to each of the one hundred and fifty temporary leaders selected early in the summer.

In September, as planned, the following clubs met and with the help of maps and voting rosters formulated lists to take care of all the families in their respective communities: Crane Home Demonstration Club; Rood Home Demonstration Club; Gadsden Home Demonstration Club; Roll-Wellton Home Demonstration Club; North Gila Home Demonstration Club.

Before there was time to meet with the remaining clubs, word came from the state office that nothing further was to be done until the work could be initiated by the County Agricultural Agent. So the matter was dropped for the time being.

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D. PROGRAM OF WORK (cont'd)

(c) Project Activities and Results (cont'd)

I. Organization (cont'd)

Sub-Project A. Farm Organization (cont'd)

The middle of November 1942 the neighborhood leadership movement had its initiation, as such, in the county. The movement was introduced by Miss Jean Stewart, State Leader Home Demonstration Work, assisted by Mrs. Craft, Regional Area Supervisor, Farm Security Administration. On Thursday morning, November 19, a planning meeting was held in the office of the County Agricultural Agent with the county office of Civilian Defense, the State and County Extension Staffs represented. That same evening a meeting of the County Nutrition Committee was held. As an outgrowth of these meetings, it was decided that the towns of Yuma, Somerton and Parker were to be organized in a block leadership system for carrying out the 'Share the Meat' program. All rural areas were to be handled with neighborhood leaders, including Roll-Tacna-Wellton; North and South Gila; Mesa-Sunnyside; Crane, Rood, Migratory Camp; Gadsden; Vicksburg, Salome-Wenden; and Quartzite. The rural areas were divided between the County Agricultural Agent and the Home Demonstration Agent. Because of the necessity of actually getting the work done, the County Agricultural Agent assumed the added responsibility of the program in Parker and the Home Demonstration Agent, the program in Somerton.

The neighborhood leader groups already worked out were used and were necessary, supplemented, leader training meetings were held, and the county was thoroughly 'mopped up' in the interest of 'Share the Meat'. Unfortunately the "Share the Meat" campaign came in Yuma County at a time when it was practically impossible to buy meat of any kind in the markets and almost no one was securing any way near the amount which was set forth as the fair allowance.

It seems only fair to state that another distressing occurrence in the interest of conservation has happened in Yuma County during the current year. Early last spring reports were received from homemakers that local markets were refusing to take waste fat because they were unable to dispose of it. The Agent immediately investigated, found it to be true and reported it to the local head of the Defense Council. She then wrote to the state office in charge in Phoenix and had a reply that the matter was being taken care of. However, as time went by fat was still refused. The Agent sought the help of the Tovrea Packing Plant representative, the County Agricultural Agent and other local people whom she thought might help to remove the "bottle neck". However, it was to no avail. It is reported that one market was forced to dump more than a thousand pounds of fat this summer because they could not hold it any longer. The Agent is continuing to report the situation in the hope that the difficulty can be removed. However, it can readily be seen why people feel it their patriotic duty to follow their own sound judgement

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

1. Organization (cont'd)

that retail - Sub-Project A. Farm Organization (cont'd) for a meeting before point rationing. To the result, rather than to adhere, letter perfect, the campaigns which do not fit local conditions. One Home Demonstration Club has voted to make "homemade" soap with their surplus fat until such time as they can be assured that fat will be collected. (See page 45 at end of this report) ever, during the current year the Agent has, from time to time, sent bulletins, material etc., to all neighborhood leaders, asking them to talk it over with their respective groups. In each instance she has followed the plan of sending a limited amount so that the subject matter might not be cluttered. In each instance the material sent has come from the State Extension Office.

In February of this year, the Agent attended the State Planning meeting for Point Rationing held in Phoenix. The Home Demonstration Agent was subsequently given the responsibility of developing the "Explainer System" in Yuma County, in cooperation with Mr. G. E. Blackledge, the County Agricultural Agent. A meeting of the Yuma County Nutrition Committee was called and plans developed. Project A. Farm Organization (cont'd) Extender

It was agreed that Yuma proper should operate, through the block leaders with Mrs. Mary Spaulding in charge, and that the remainder of the county should be divided between the County Agricultural Agent and the Home Demonstration Agent. For this the division was the same as for the "Share the Meat" program; that is, Mr. Blackledge took the northern part of the county including Parker, Salome, Wenden, Vicksburg, Bouse, Quartzsite. The Home Demonstration Agent took the southern part of the county, including Roll, Wellton, Gadsden, Sunnyside, Somerton, Crane, Rood and North and South Gila Valleys. In all these communities local leaders were trained. Meetings were facilitated by the leader meetings held under the auspices of Mrs. Lola Dudgeon on "Meat Extenders". At these meetings the communities of Roll, Wellton, Somerton, Sunnyside, and Gadsden were reached. However, because two Gadsden club members could not attend the meeting in Somerton, and because it was necessary to depend upon them to explain in Spanish, a second leader meeting was held in Gadsden. Likewise, a special leader meeting was held at the Rood School. Helen Koogler from the Farm Security Administration and Mrs. Velma Pfeiffer took charge of the explainers at the Crane School.

The Agent also attended the meeting of block leaders in Yuma and gave instructions. The system functioned very well for registration. Local leaders and teachers worked very harmoniously and thoroughly

On Friday, February 26th, the Agent was called into conference with Miss Marion Moore of the State Office of Price Administration. It was felt

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

1. Organization (cont'd)

that retail clerks and block leaders should get together for a meeting before point rationing actually was put into operation. As a result, a meeting was called for Sunday afternoon, February 28, with the Agent in charge. The movie on Point Rationing shown at the Phoenix meeting was secured and the Agent with the help of Mr. Joyner, a local merchant, used the point ration card to formulate an exhibit of canned and dried foods, showing the points assigned to them. This meeting met with good response. However, the merchants felt that their employees could handle the explainer phase as well as their own, and it was voted to call upon Mrs. Spaulding and her block leaders if they were needed. The Agent made the round of groceries the first and second days of rationing and found that no difficulty was being encountered. In only one instance was there a misunderstanding.

Since rationing has gotten under way it has been entirely taken over by other agencies. The only function of the Home Demonstration Agent has been to pass on special bulletings which have been sent from time to time from the Home Demonstration office.

Sub-Project B. Home Economics Extender

As previously explained, the County Home Demonstration program as much as possible operates from the State Home Demonstration office which in turn operates from the Agricultural Extension office at the University of Arizona, Tucson. Yuma County is allowed its share of the services of the Extension Nutritionist, the State Clothing Specialist, and the Boy and Girl Club Specialist. In addition, a visit was made to the county by the Extension Sociologist in the interest of Accident Prevention in Rural Communities.

Home Maker Clubs

As previously told under C(b) work with adults in Yuma County is carried out in part by regularly organized clubs called "Home Demonstration Clubs". A calendar of their meetings which were attended by the Agent during the year is as follows:

December:

- 1 - North Gila Home Demonstration Club
- 9 - Gadsden Home Demonstration Club
- 14 - Mesa Sunnyside Home Demonstration Club
- 15 - North Gila Home Demonstration Club
- 16 - Rood Home Demonstration Club
- 28 - Mesa Sunnyside Home Demonstration Club

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

1. Organization (cont'd)

Sub-Project B. Home Economics Extension (cont'd)

January:

- 4 - Mesa Sunnyside Home Demonstration Club
- 8 - Crane Home Demonstration Club
- 13 - Gadsden Home Demonstration Club
- 19 - North Gila Home Demonstration Club
- 20 - Mesa Sunnyside Home Demonstration Club
- 21 - Roll-Wellton Home Demonstration Club
- 26 - Rood Home Demonstration Club
- 27 - Gadsden Home Demonstration Club

February:

- 16 - Roll-Wellton Home Demonstration Club
- 18 - Gadsden Home Demonstration Club
- 22 - Mesa Sunnyside Home Demonstration Club
- 26 - North Gila Home Demonstration Club

March:

- 4 - Roll-Wellton Home Demonstration Club
- 5 - Rood Home Demonstration Club
- 10 - Gadsden Home Demonstration Club
- 11 - Migratory Camp Home Demonstration Club
- 16 - North Gila Home Demonstration Club
- 17 - Mesa-Sunnyside Home Demonstration Club
- 22 - South Gila Home Demonstration Club
- 25 - Migratory Camp Home Demonstration Club
- 26 - Crane Home Demonstration Club

April:

- 9 - Mesa-Sunnyside Demonstration Club
- 12 - South Gila Home Demonstration Club
- 14 - Gadsden Home Demonstration Club
- 15 - North Gila Home Demonstration Club
- 26 - South Gila Home Demonstration Club

May:

- 4 - Mesa-Sunnyside Home Demonstration Club
- 5 - Crane Home Demonstration Club
- 6 - Rood Home Demonstration Club
- 11 - North Gila Home Demonstration Club
- 12 - Gadsden Home Demonstration Club
- 13 - Roll-Wellton Home Demonstration Club
- 24 - South Gila Home Demonstration Club

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

I. Organization (cont'd)

Sub-Project B. Home Economics Extension (cont'd)

June:

- 1 - Mesa-Sunnyside Home Demonstration Club
- 7 - South Gila Home Demonstration Club
- 8 - North Gila Home Demonstration Club
- 9 - Vicksburg-Salome-Wenden Home Demonstration Club
- 10 - Roll-Wellton Home Demonstration Club
- 15 - Rood and Crane Home Demonstration Clubs

July:

- 6 - Crane Home Demonstration Club
- 8 - Roll-Wellton Home Demonstration Club
- 13 - North Gila Home Demonstration Club
- 20 - Mesa-Sunnyside Home Demonstration Club
- 24 - Rood Home Demonstration Club
- 27 - Crane Home Demonstration Club

August:

- 3 - Mesa-Sunnyside Home Demonstration Club
- 9 - South Gila Home Demonstration Club
- 10 - North Gila Home Demonstration Club
- 12 - Roll-Wellton Home Demonstration Club
- 17 - Crane Home Demonstration Club

September:

- 7 - Mesa-Sunnyside Home Demonstration Club
- 14 - North Gila Home Demonstration Club
- 21 - Crane Home Demonstration Club
- 29 - Roll-Wellton Home Demonstration Club

October:

- 12 - North Gila Home Demonstration Club
- 13 - Gadsden Home Demonstration Club
- 15 - Crane and Rood Home Demonstration Club
- 19 - Mesa-Sunnyside Home Demonstration Club
- 27 - Roll-Wellton Home Demonstration Club

November:

- 3 - Vicksburg-Salome-Wenden Home Demonstration Club
- 8 - Rood Home Demonstration Club
- 10 - Gadsden Home Demonstration Club
- 11 - Roll-Wellton Home Demonstration Club
- 15 - South Gila Home Demonstration Club
- 16 - Mesa-Sunnyside Home Demonstration Club
- 17 - North Gila Home Demonstration Club
- 29 - South Gila Home Demonstration Club
- 30 - Rood Home Demonstration Club

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

1. Organization

Sub-Paragraph B. Home Economics Extension (cont'd)

Of the above the South Gila Home Demonstration Club was organized this year. Of groups not specified as Home Demonstration Clubs, but with which the Agent has carried programs, maybe mentioned: Senior and Junior Delta Clubs; Business and Professional Women's Club; Yuma County Teachers Association; various church groups in Yuma and Somerton; Red Cross Canteen and Nutrition groups; local chapter of Daughters of American Revolution, etc.

Home Maker Councils

Because of the tire and gas situation and relatively large distances which women must travel to a common center, Home Maker Council meetings have been confined to those held when the State Specialist visited the County. The Home Demonstration Agent has, however, met individually with program committees from each Home Demonstration Club and has planned with them the work for the year for their particular club. Without exception these meetings took the form of luncheons at the Agent's home. The Victory Year Book, supplied by the state office, has been used by each club, the programs being filled in by committee members and then the books mailed to all club members. It may be said in passing that these year books have been very popular and that many club members have hung them on a nail at home for ready reference.

Because of the great local need, at these committee meetings, it was decided to do Red Cross sewing in addition to the regular work of club meetings.

Sub-Project C. 4-H Clubs

Organization.

From December 1942 to the present time twenty two girls' 4-H Clubs in Yuma County have been in operation and have shown completions. These are as follows:

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

1. Organization

Sub-Paragraph C. 4-H Clubs

<u>Clothing</u>	<u>Enrollment</u>	<u>Completions</u>
Crane3029
Gadsden1715
Laguna105
Rood2727
Roll119
Sunnyside2019
Wellton1615
Somerton3635

Meal Planning

Rood	27	27
Salome	5	5
Gadsden	10	8
Sunnyside	11	10

Canning

Rood	12	10
Gadsden10	10
Sunnyside14	14

Victory Achievement

Crane30	28
Gadsden17	17
Sunnyside20	19
Somerton36	35
Wellton16	16
Rood27	27
Salome5	5
TOTAL	407	385

These figures are for enrollments in the various girls' projects. Obviously many girls were enrolled in more than one project. The number of 4-H Club girls carrying one or more projects during the year is 238. This figure does not, however, include girls who attended club meetings from one to three times, but who, for various reasons, did not become permanent club members. During the year there were approximately twenty-five such girls.

During the year, the Agent has spent approximately one-third of her time in the field working with 4-H Clubs. This represents an increase over the previous year. 4-H Leaders have been unusually faith-

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

1. Organization.

Sub-Paragraph C. 4-H Clubs

ful and efficient in their leadership, and it is deemed that this year has seen the most conscientious and consistent progress made of any year thus far.

Specialists have been in the county in the interest of 4-H Club work as follows:

February 3 to 5 Incl., Mr. Emil Rovey, State Club Specialist

Purpose: 4-H Club Mobilization

Number of Demonstrations 7

Attendance 459

March 29 and 30, Miss Lorene Dryden, State Clothing Specialist.

Purpose: Clothing Club Demonstrations

Number of Demonstrations 5

Attendance 142

May 11, Mr. Moody, acting State Club Specialist

Purpose: 4-H Club Achievements.

October 7, Mr. Kenneth McKee, State Club Specialist

Purpose: General Supervision.

When work with girls' clubs was integrated with that of boys' clubs, the Home Demonstration Agent has shared the time of the Specialist with the County Agricultural Agent. The total of such meetings shared has been 14 with a total attendance of 786.

4-H Club Achievements were held in May in various communities and were participated in by parents as well as club members. These Achievements were largely influenced by food production exhibits by both boys and girls.

Clothing Achievements were exhibited at Rood, Crane, Somerton, Laguna, Gadsden, Wellton, Sunnyside and Roll. It was impossible to visit the club at Salome but the Agent sent ribbons asking the leader to make awards. There was taken as a whole not as large a volume of garments as last year. There were also no style shows. However, quality of work was good. In view of the many interruptions such as rationing registrations, it appeared that there was real loyalty to 4-H club work to have done as much as was done.

While but two clubs at this time finished a year's work in Meal Planning as outlined, each club enrolled in other projects did some work on food selection and used the bulletin "Health and Attractiveness" in their meetings.

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

1. Organization

Sub-Paragraph C. 4-H Clubs (cont'd)

Taken all in all it would seem that a representative year's 4-H Club work was done, modified to meet war needs. During the summer months many 4-H Club girls, particularly the older girls released from high school studies, did quite intensive club work. Two meal planning clubs were added to the roster, as follows: Gadsden and Sunnyside.

To round out the summer's work an Achievement Program was held the latter part of September in the Business and Professional Women's Club house in Yuma. The program was participated in by leaders and club members from Gadsden, Crane, Rood, Sunnyside, Wellton and Roll communities. Miss Jean Stewart, State leader of Home Demonstration Work, and Miss Lorene Dryden, State Clothing Specialist, were in attendance. Miss Stewart came to judge Yuma County's entry in the State Dairy Foods Demonstration contest. This team was composed of two girls from the Gadsden Meal Planning Club. While they did not win in the state this year, every one present at the program felt that they gave an excellent demonstration, their subject being "Outdoor Cooking Featuring Dairy Foods". Both girls want to enter the contest next year. At the program the dress revue was participated in by girls from Somerton, Sunnyside, Rood, Roll and Wellton Clubs, with a girl from Sunnyside being selected as the County Dress Revue Winner. County winners in the following projects were presented at the program and their entry records shown: Record; Food Preparation; Canning; Clothing Achievement; Victory Achievement. The last named has since been selected as one of the State winners in Victory Achievement. She is Rachael Frauenfelder of Gadsden, a sixth 4-H Club girl who has served, cooked, canned, raised a garden and even worked as a farm hand in her community in the interest of helping to win the war.

Sub-Project D. Reports

Reports from the Home Demonstration Agent's office take the form of a weekly outline; a monthly narrative and statistical report, an annual narrative report and statistical report. Of the above perhaps the one which is most difficult to dispatch is the weekly outline. This is because the Agent's time is quite taken up, a week seems to pass very quickly and many times, the job at hand requires all her attention.

The Agent has a calendar outline where she writes down appointments and makes notes concerning meetings, etc. Reports are largely made from this calendar.

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition

While work in nutrition in Yuma County for the current year has, perhaps, not been as spectacular as in 1942, yet it has shown consistent effort on the part of all Home Demonstration Club workers. The transition from a peace time to a war time basis was made in 1942. For the current year, while effort has been expended in all major nutrition fields, the work of all groups has centered around war activities. The large influx of military men has influenced every one's living conditions. Women throughout the county have rented part of their houses to army families, or entertained army men or served in army service centers, or set up a home laundry, etc. Some of the more isolated sections of the county have sprung into new life. Food production bears evidence of being stepped up on every hand. There is no longer need to urge people to plant victory gardens because wherever a spot can be found, where the soil and water conditions permit, a garden has been planted. There has been much movement in canning and dehydrating of food materials than ever before. An illustration of this has been furnished by Yuma County's large commercial fields for the growing of carrots. In previous years, after the crop was harvested, the culls have remained in the field and have been plowed under. This year, of course, because of the better market, the fields were closer picked by the producers. But even so, hardly a carrot went to waste because families have gone to the fields and gathered them for home use and home canning.

In the North Gila Valley a large commercial field of tomatoes was turned down for shipping because in some way the grower had gotten a canning variety of tomato rather than a table variety and they would not ripen according to form in the secondary market. Housewives from Yuma, Yuma Mesa, Yuma Valley and as far away as Somerton and Roll went to the field and gathered bushel after bushel of ripe and green tomatoes. They were canned and made into catsup, chili sauce, green tomato pickles and green tomato mince meat. The Agent had many calls for canning instructions. It is estimated that several hundred bushels of tomatoes were canned in one form or another. Since much of this was done by other than rural women, it was not included in the county's figure of 65,000 quarts of vegetables, fruits and meats canned.

Hot school lunches throughout the county have continued to be an improved nutrition basis. A hot school lunch was put into successful operation at Wenden with Mrs. Mary Martin, the teacher, in charge. The Home Demonstration Agent loaned two electric hot plates, one belonging to the office, and the other her personal property, for use in the operation of the lunch. These are still in the possession of the school, the Agent having check on them at inventory time.

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition (cont'd)

The Agent led a round-table discussion at a sectional meeting of the Yuma County Teachers meeting. A number of school lunch operators were present. Not only was the necessity for nutritionally sound meals stressed but adherence to sanitary rules as well.

There have been a good many requests for help in infant feeding and in child care. And so the current year has seen the Agent become more of a consultant in nutrition than in previous years. While every effort has been made to make the work in nutrition establish practices as advanced by the State Nutrition Staff, it has, however, been necessary to satisfy an unusual number of requests of a miscellaneous nature as well. A description of the work is as follows:

Sub-Project A. Food Production.

The war has brought a great change in the vegetable marketing facilities in Yuma County. Previously, our markets were abundant in both variety and amounts of fresh vegetables and at very reasonable, almost nominal cost. The change has been to the bad in all three instances. In view of this, victory gardens have become very much the order of the day, when they could at all be managed. While the Home Demonstration program in the matter of gardens has been purely subsidiary to that of the County Agricultural Agent program, yet definite things have been accomplished to stimulate production.

Because there has been developing this shortage in market vegetables, it has seemed that the thing to do was to keep before people the necessity of vegetables in the diet and the classes into which they fall. So the Home Demonstration Agent has taken every occasion both in meetings and in other contacts to stress the importance of vegetables.

Gardens have increased greatly in the Southern part of the county and women are making an effort to plant vegetables ranking high in vitamins and minerals. Home makers have shown better knowledge of what to plant this year than last year. This has come about largely from neighborhood and club meeting discussions. Chief among vegetables grown have been: Tomatoes, beans of many varieties, greens of many varieties, carrots, potatoes, squash, beets, cucumbers, corn, onions, okra, eggplant and peppers.

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition

Sub-Project B. Food Preservation.

In Yuma County climatic conditions are such that, except for two months or less of severe heat in summer, fresh garden produce is available. This fact changes the usual procedure for planning budget system for food preservation. The practice is to preserve the surplus which occurs and to use it to supplement the fresh vegetables and fruits of the long growing season. Such fruits as apricots, cherries, peaches, pears, are not grown locally and many from Yuma County go to orchards in California each year for the purpose of putting up such fruits for their own use.

Increased interest in food preservation began to be induced in 1941 as soon as victory gardens began to create a surplus. In October of that year, meetings on canning were held under the auspices of Mrs. Lola Duggen, Extension Nutritionist. In January 1942 a real interest in canning developed; the reason being that the fruit and vegetable growers association had a boom year with their large acreage, producing crisp, sweet, juicy carrots of a very high quality. In packing the carrots for shipment, many were left because of some non-conformity, while still of first grade quality. At this time the Agent gave a canning demonstration in Yuma with 16 organizations represented and 60 women in attendance. After this carrots, donated by the Association, were widely canned throughout the county. The canned carrots were found to have a delicious flavor. The following spring a large surplus of cabbage developed and so the Home Demonstration office was instrumental in getting home makers to make kraut.

This current year has seen a large increase in the practice of canning. This has been due to the following:

1. High point value of commercially canned foods.
2. Surplus from vegetable gardens.
3. Increase in number of pressure cookers in the county.

In the main, the Agent has disseminated canning information on request rather than through formal demonstrations. This was deemed the right procedure by various program committees because of previous demonstrations and the easy access of printed directions. She has, however, acted as leader for a number of neighborhood cannings. Exceptions to the above are: A formal canning demonstration for the Yuma Garden Club, Canning spinach and grapefruit; a formal demonstration on Food Preservation at the Crane School where one of the home makers has a freezer unit and has stored meat, vegetables and fruit juices by freezing. She also has dried foods extensively and furnished a nice exhibit of both dried and frozen food materials; a formal demonstration before the Mesa-Sunnyside

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition

Sub-Project B. Food Preservation (cont'd)

club; a formal demonstration at the Farm Security Administration Migratory Camp.

Neighborhood canning with the Home Demonstration Agent present were as follows: Yuma-Mesa - canning chicken incurred by one home-maker culling her flock; Sunnyside - a meeting similar to the above; Yuma Valley - canning garden vegetables; Somerton vicinity - canning garden vegetables; Rood community - canning garden vegetables; North Gila - canning citrus juices and garden vegetables; South Gila - canning garden vegetables; Roll-canning beef; Yuma vicinity - canning beef, etc.

Foods which the Agent has given information on canning during the year are: Tomatoes, citrus, spinach, black-eyed peas, string beans, green peas, beets, potatoes, carrots, asparagus, figs, kraut, meat and chicken.

The subject of dehydration has been discussed at meetings of all Home Demonstration Clubs. Dehydrators have been built in farm communities and two result demonstrations conducted. One of these result demonstrations was conducted in the Yuma Valley where the dehydrator was made exactly according to specifications given in University of Arizona Extension Folder W-7. The other was conducted in the North Gila Valley where there is no electricity, and so a modified evaporator was constructed. Garden surplus was dried as follows: Carrots, spinach, onion, corn, potatoes, parsley, squash, figs, beets. The home makers have cooked and served the food materials. Their families say the products have been fairly palatable but that they prefer canned foods. Exceptions are parsley and onions which can be used for seasoning.

At the Farm Security Administration Migratory Camp the Home Management Supervisor made a tunnel evaporator according to specifications from scrap lumber. The Agent met with the supervisor and a group of the women for a work meeting at which the following vegetables were prepared according to directions and placed in the evaporator to dry: Carrots, cabbage, onions, peas, white potatoes, sweet potatoes. The supervisor reported to the Agent that she later had the vegetables soaked and cooked after which the women sampled them. They all thought they were quite good. However, since the Supervisor left her position shortly after, most of the women have preferred to can rather than dry their surplus.

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1D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition

Sub-Project B. Food Preservation (cont'd)

In July the Agent was required to give first aid in the drying of figs. Directions for drying had been sent by the Extension Nutritionist and had been sent out to the mailing list. But this accepted method for other localities is not successful in Yuma County because of the extreme heat. The figs ferment when half dried and little black insects come on the blossom end no matter how carefully picked or screened during the drying process. Women were throwing their partially dried figs away because they were spoiled so the Agent secured the cooperation of four home makers in Yuma County, and worked out the following method: Figs dried by this method give a very acceptable finished product and, at least, are saved for eating whether or not all the nutrients are conserved.

Place the figs on trays in the sun protected from insects. (The figs should be separated from each other and in single rows) Dry until they give in the hand when squeezed, not rattle. Then wash 20 minutes in cold water containing 4 ounces salt to each gallon of water. Dry again for one-half day. (The figs will plump again) Pile them up for a week or two to sweat, then pack in clean boxes or sterile jars and seal tightly to prevent further drying and to protect from insects. To help in this local situation the Agent had this recipe run in the local paper. She has been told by a number of women that the method is successful and she has seen both Kadota and Mission figs so dried which are very palatable.

There are a few sharp freezing units in Yuma County rural homes which are used for food preservation. During the year, the Agent has answered fourteen requests for information. One home maker in the South Gila Valley purchased a freezing cabinet second hand and invited the Home Demonstration Club to her home for a demonstration, by the Agent. The home maker had on hand for the meeting chicken, peas and peaches. These the Agent used in the demonstration as well as discussing the why's and wherefores of sharp freezing.

As before stated, this year has seen the purchase of a good many new pressure canners in Yuma. The Agent has been called on to give initial instructions in the operation of these canners when home makers have been inexperienced. Then, there has been an effort to put into operation as many as possible of the pressure cookers already on hand in the county. To facilitate this, she has used a maximum registering thermometer for testing the accuracy of gauges. Publicity was given to the possibility of service by the local newspaper. In this way a

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition

Sub-Project B. Food Preservation (cont'd)

number of pressure cookers have been brought to the Agent's office; some of them in good condition but others showing abuse from neglect or misuse. When possible new parts such as pressure gauges or safety valves have been ordered and the cookers put into operation. The Agent has a record of twenty-nine cookers so tested. However, a few were tested of which she has no record.

Sub-Project C. Food Selection

Emphasis has been placed upon Food Selection by means of adult and girls' 4-H Club meetings; through regularly organized nutrition classes; through neighborhood leaders; through newspaper articles and circular letters.

Food selection work has very largely been determined by restrictions which the war emergency has brought about. Sugar conservation suggestions have been made at meetings and upon special request. On the whole, home makers have had little difficulty with sugar rationing. They have, doubtless, found it easier because of Yuma County's date crop and honey supply.

The work of the Extension Nutritionist during the year has had to do with meat conservation. In February two local leader meetings were held with the Extension Nutritionist in charge; the subject, "Meat Extenders". These meetings included a study of cuts of meat and a discussion of methods of cooking according to cut. The leader meetings began at ten in the morning and a beef and vegetable stew was prepared for the noon lunch as a means of emphasizing the desirability of combining meat with vegetables for extending meat. Representatives from the following communities attended this series of meetings: Roll, Wellton, Somerton and vicinity, Gadsden, Yuma Mesa, Sunnyside. Later the Agent gave the work to the Rood Community, the Crane community, the North Gila community, the South Gila community. Because of the necessity of condensing subject matter, a brief review only was given to the Vicksburg-Salome-Wenden Club. For all follow-up meetings by local leaders and the Agent the Extension Nutritionist left in the county a supply of wall charts.

The subject of "Meat Substitutes" was handled without a visit to the county of the Extension Nutritionist. This happened as follows: At the annual Extension Conference it was decided that the agents should represent the nutritionist in their respective counties because of intensive work on the meat situation all over the state. In January the Agent attended an all-day conference on "Meat Substitutes" in the Agricultural

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition

Sub-Project C. Food Selection (cont'd)

Extension office in Phoenix. In the Home Demonstration Laboratory, substitute dishes were actually prepared and plans made for carrying the work back to the county. After this conference the Agent asked all Home Demonstration club presidents their preference in giving the work. Without exception they requested that it be given at individual Home Demonstration Club meetings. Subsequently meetings were held in all the regularly organized Home Demonstration Clubs. In addition, some of the meat substitute dishes have been used for various extension functions; for instance, the Agent prepared the soybean casserole for a pot luck joint meeting of the Red Cross Motor Corps and Canteen. There were several requests for the recipe which were complied with. As a matter of fact, the printed Extension folder from the University on "Meat Extenders" giving the recipes and subject matter of the conference has been a very popular one in the county up to and including the present.

The Agent has responded to a number of requests for nutrition round-table discussions featuring food selection during the year. These include such clubs as Senior Delta Club; Junior Delta Club, Business and Professional Women's Club; Local Chapter of Daughters of American Revolution; Yuma Garden Club; Yuma County Teacher's meeting.

In 1942 the Agent was drafted to act as instructor for Red Cross Nutrition and Canteen classes. During that year one class in Nutrition completed the course of ten, two-hour lessons required for a certificate, and one class in Canteen completed. One class in Nutrition was in progress at the close of 1942. During the current year this second course in Nutrition has been completed and an additional class has been taught. The Agent is glad to report no emergency or disaster which called for the operation of the canteen for which it was organized. The organization has remained intact during the year, functioning through a president elected by the group.

Under the heading of Food Selection should be told the activities of the Dairy Foods Demonstration Team. The Agent feels that their demonstration has done much to help the cause of wise food selection throughout the county. During the summer months and under the direct guidance of the Agent 4-H meal planning clubs worked on the problem of a Dairy Foods Demonstration. Because of Yuma County's long open season and just now because crowded conditions are bringing much improvised meal preparation, it was decided that something should be done to emphasize good nutrition in out-of-door meals. The subject selected was "Outdoor Cooking Featuring Dairy Foods" and the development of the demonstration centered around

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(c) Project Activities and Results (cont'd)

XIII Nutrition

Sub-Project C. Food Selection (cont'd)

the new U. S. Government chart featuring the seven basic food groups. After quite a little experimentation it was decided to prepare a simple meal as follows: Cheese cream soup, fruit and vegetable sandwich, egg-and-lettuce salad, milk to drink. This meal represents all seven basic groups and emphasizes milk products and local garden produce. The girls worked enthusiastically at the project and the finished demonstration was well received. Because this year competition between counties has been greatly curtailed and no central place provided for a state competition, the girls have requested that they be able to work on the demonstration next year. They are hoping that conditions will be more normal and that arrangements can be made for a center with uniform judges and, in order that it may be entirely objective, from without Extension ranks. The demonstration has been given wide publicity with 4-H Clubs throughout the county. On special request, the winning team demonstrated before the Garden Club in Yuma.

In terms of justifying the Home Demonstration Nutrition program of past years the following incident which happened at one of the Home Demonstration Club meetings may be repeated. One of our long-time members has two grand children - her first - and both about two years of age. One of the babies belongs to her daughter, the other to her son. She explained that in the case of her daughter she had told her of child nutrition rules as taught at club and had supplied her with literature which the daughter followed implicitly. With her daughter-in-law she had not been privileged to give the advice, and the baby's nutrition habits were not according to standard. Her daughter's baby is an excellent physical specimen with a good disposition, while the son's baby is a problem child, particularly in feeding habits. The grandmother is convinced that the child care instructions turned the trick.

Another incident told of quite recent Home Demonstration activities. The latter part of the summer the Agent was called into conference with the chairman of Yuma County's Nutrition Council and three representatives of our largest bread and yeast distributors. During the conference one of the bread men said, "Yuma County must be nutrition conscious. Before we secured our new wrappers stating that our bread is enriched we were besieged with letters from Yuma asking an explanation for its not being enriched". His territory is Southern California and Yuma vicinity, and it seems Yuma headed the list for the above requests.

As in previous years, the Agent has answered questions on child care when they have arisen and has distributed bulletins when requested.

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIII Nutrition

Sub-Project C. Food Selection (cont'd)

As a means of checking on food selection the Agent has explained the "Vit-a-Mingo" game to all Home Demonstration and 4-H Club groups. Local leaders have been provided with copies of the game.

Sub-Project D. Food Preparation

Since food preparation work has been interwoven with food selection, it is a little difficult to treat it separately. Practically every day during the year, the Agent has answered telephone or office inquiries concerning recipes which conserve sugar, stretch meat, use soybeans etc. Reports from several Home Demonstration Club members that they were unsuccessful with bread making were responsible for a series of demonstrations on "Bread Making". In these demonstrations the Agent stressed the importance of temperature control. In Yuma County when the thermometer rises to a hundred and twenty degrees in the summer, the problem is one of keeping the bread sufficiently cool in summer as well as sufficiently warm in winter. A dairy thermometer was used in the demonstrations and many home makers later reported purchasing thermometers and finding them very helpful. A good recipe for refrigerator rolls was given and has since been widely used.

There has been increased interest in butter and cheese making. Government and University literature on the subject has been distributed at Home Demonstration Club meetings and several home makers have reported that their problem was solved by using a dairy thermometer. Again temperature control is even more than ordinarily essential in Yuma County. The local leader or neighborhood method has largely been used to spread the making of cheese with surplus milk. A few years ago the State Dairy and Poultry Specialist gave a series of demonstrations in the county on "Cheese Making". Since, a number of home makers in each community have been following his instructions. It is these homemakers that the Agent has encouraged to explain their practices to their neighbors and at club meetings. As a result the practice of cheese making has increased and is helping toward good nutrition in these days of rationing.

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XIV Clothing

As in other programs the clothing work this year has shown the influence of the war. There has been stepped-up interest in home sewing because it has been increasingly difficult to meet the family's clothing needs in ready-to-wear. Women have been sewing for themselves and the Agent has been called upon to give instructions in sewing techniques as well as dress forms, etc. 4-H Club girls have in many instances done extensive sewing for themselves and their families. In almost all cases girls have made a real effort to help with home sewing. All Home Demonstration and 4-H Clothing Clubs have met a local need by doing Red Cross sewing. Programs for both adult and 4-H Clubs have stressed clothing conservation by both care and repair of clothing. The State Clothing Specialist has conducted leader meetings on conservation; on tailoring; on dress making.

Since the program of the Home Demonstration Agent has been a full one, whenever the clothing program could be carried without special instructions, the policy has continued of meeting with clubs largely for initiating a movement and otherwise of letting them carry programs by themselves.

Sub-Paragraph A. Selection

The State Clothing Specialist instituted work on "Care of Clothing" in Yuma County in 1942. Since the application of this work has been more in evidence during the current year than in the year previous, it is being told here from the beginning: In February, 1942, the Specialist presented the subject, "Identification of Fibers". The subject matter was conscientiously studied by the local leaders and with the help of the Home Demonstration Agent was given to all Home Demonstration and affiliated clubs in the southern part of the county. At the time of the meetings the work was enthusiastically received, with women remarking on every hand "I wouldn't have missed it for anything". This current year there have been occasions each month when the Agent has been called on either in club meetings or with individuals to review the tests for identification. Local leaders have likewise discussed the subject matter of the meeting on many occasions. There are a great many instances of women testing samples of garments to determine of what fiber they are made as a means of determining care of the garment. The entire county has become acetate rayon conscious. They are also reading labels so as to be intelligent buyers.

More attention than in previous years, because of the present emergency, has been given to selection of clothing in 4-H Clothing Club work. In all clubs the Health and Attractiveness bulletin recently

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published by the University, was conscientiously studied. Its suggestions on selection of clothing have been very helpful. The club leaders and the Agent have adapted the work on "Identification of Fibers" to club discussions and girls have thought of durability, laundering, appropriateness and becomingness when selecting materials for dresses, etc.

Sub-Project B. Construction.

December 1942 did not lend itself to Christmas work meetings for the making of gifts as in previous years. While interest in meetings kept up, club members requested that their regular lines of work not be interrupted. There were but two meetings for the purpose of making gifts. However, as in Clothing Selection, many reports were received from homemakers who made articles at home, using suggestions which had been made at Home Demonstration Club meetings the previous year. An instance of this was the making of "necktie" aprons which had been popular. The Agent received a good many requests for the pattern, and in several instances actually helped small groups cut them out as a part of "office visits" routine. In November 1943, there appeared renewed interest in making home-made toys as a means of meeting the present shortage of commercial toys. One very successful and interesting work meeting on "Home Made Toys" has been held and plans have been made for a number of meetings the coming December.

As previously explained there has been "stepped-up" interest in home sewing. Because of this there has been emphasis on sewing techniques through local leader meetings and supervised by the State Clothing Specialist. The last of March the Specialist loaned the county an exhibit of sewing technique illustration. This exhibit was shown to both Home Demonstration Clubs and 4-H Clubs and proved a very good introduction to showing specific techniques. The Agent demonstrated upon requests such techniques as button holes, seams, plackets, hems, finishes. Sometimes its the little things that interest women most; so one of the most popular techniques was a good method of sewing on rick rack braid.

In September leader meetings on Tailoring Techniques were held. At these meetings the Specialist gave a brief introductory discussion, stressing four things to remember, as follows: (1) Care in cutting (2) Care in basting and sewing; (3) Care in fitting; (4) Thorough pressing. The leaders were then asked to choose what they preferred to work on at the meeting and they responded by choosing collars, tailored button holes and pockets. Each leader was supplied with a miniature blouse;

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Sub-Project B. Construction (cont'd)

they were divided into two groups, each group including as nearly as possible every community. One group worked on collars with the Specialist as instructor, the other group worked on button holes and pockets with the Agent as instructor. There was excellent illustrative material and the techniques were actually mastered by the leaders present. Following these meetings the leaders with the help of the Agent, carried the work to all the Home Demonstration Clubs in the southern part of the county. The Agent prepared miniature blouses similar to the ones used at the leader meetings, and the club members actually worked at making button holes and pockets and putting on collars.

In October the Specialist came to the county for leader meetings on "Dress Making". The emphasis of these meetings was on proper scheduling of work for good results and time saving. In preparation one leader from each meeting brought a shirtmaker dress for herself ready for the first fitting; that is, the dress was cut, all length-wise seams basted, and all cross-wise seams pinned. At the meeting the dress was carried through the second fitting stage; that is, all length-wise seams stitched and all cross-wise seams basted, and was completed or nearly completed. The work, as nearly as possible was kept to two trips to the sewing machine and two trips to the ironing board as an example of proper scheduling. The dresses were very good looking and in each case incorporated the techniques taught at the September leader meeting. As a follow-up of these meetings the Agent has met with Home Demonstration Clubs which were not represented at the leader meetings and in one case, by special request, with a club which was represented. It has been entirely possible to complete a dress for one club member in one day, applying the schedule and the techniques as taught.

Because of the increased interest in home sewing the Agent has continued to have requests for instructions in dress-form making. Since the process is one which requires speed and precision in making as well as dispatch in scheduling the work among the helpers, it has been necessary for the Agent to be present in person at these meetings. Since the making of dress forms is not a state project a brief explanation of its development in the county is here given:

Since the Agent came to the county in December, 1935, there have been repeated requests for demonstrations in the making of paper-dress forms. The Agent has reported these requests to the State Office, but other requests have been deemed of greater importance, so meetings have not been held.

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In 1942 members of the Rood Home Demonstration Club reported that the Bard Extension Club (belongs to the Imperail County, California, Extension Service) were making paper dress forms. A group of their members had attended a dress form local leader meeting held under the auspices of the Berkeley Extension Service. These women offered to give a demonstration before the Rood Club.

Subsequently the State leader insisted the Home Demonstration Agent and the Agent reported the incident. It was agreed that the Bard ladies should give the demonstration.

The demonstration was given, and, afterwards, and until the present, dress form making has been very popular. The first year the work was confined to the southern part of the county but in November of this year the work was carried to Vicksburg, Salome and Wenden with enthusiastic results. Women feel that they are definitely a help in home sewing. At the "Dress Making" meetings this year, home makers checked their patterns on their forms before coming to the meetings.

The Agent continues to get requests for help with glove making. Sometimes the request is simply for a pattern where the method of making is already known but where some technique is not clearly remembered. Women continue to make extremely good looking gloves which would be recognized anywhere as a good looking job.

Under Clothing Construction must be mentioned the rather extensive Red Cross sewing which has been done. In May the home maker who is in charge of sewing for the local chapter of the American Red Cross came to the Agent explaining that because of the many special demands made upon them the chapter was falling behind in its quota. Because the homemaker had recently moved to Yuma from her ranch home where she had been an outstanding Home Demonstration Club member, she felt that the Home Demonstration Clubs should help with the work. Ordinarily adult clubs in Yuma County adjourn for the summer because of the extreme heat, but because of the war emergency request that they continue, all clubs, except Gadsden, voted to continue meetings and to do Red Cross sewing. The Agent supplied the clubs with the materials from the Red Cross rooms and acted as explainer for the workmanship. The club secretaries kept account of all materials so that it could be returned. As the work advanced it proved a very good means of teaching techniques. Women came who knew little about garment construction and they gained much confidence and knowledge for home sewing. All garments finished were representative products. More than five hundred

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articles were completed by club members, including men's pajama suits, women's slips, women's petticoats, convalescent laprobes, quilts, bedside pockets, kit holders, bed socks, hot water bottle holders. At the meetings attended by the Agent, a little time was given over to discussing of recent extension publications and to answering questions of a miscellaneous nature relative to home making.

Sub-Project C. Economics.

While suggestions for sound money values have continued to be a part of all clothing work, the work that is outstanding in "Economics" is the "Care of Clothing Service". This work has been initiated by the State Clothing Specialist and has been a two-year program. The first of the series, namely, "Identification of Fibers" has been reported under selection of clothing. The second of the series was held in 1942, namely, "Laundering Techniques". At this meeting pre-testing of material for shrinkage, color fastness and fabric identification was stressed. Garments representing the various fibers were selected from those brought in by the local leaders and laundered at the meeting. At the time the work was well received and was carried back to Home Demonstration and affiliated clubs. However, evidence of practices adopted has been more in evidence this year than last. The Agent has had many requests for directions in cleaning special garments and leaders report having passed on information.

The third of the series was held in 1942, namely, "Dry Cleaning". Among other things, the meetings included the use of home made pressing equipment - pillows, clothes, etc. This equipment has been much copied among club members. Because of the difficulty of getting cleaning done in Yuma, the instructions in the "Dry Cleaning" meetings have been and are being widely used throughout the county. The Agent has, during the current, year, held several all-day work meetings on the subject.

The series on "Care of Clothing" has closed with two meetings on mending. One of these meetings was held in 1942 and the final one in March of 1943. These meetings, as with the others, met with good response. Yuma County home makers are much interested in conserving the life of their garments. One set-in patch with a damask stitch finish, to the Agent's knowledge, twice saved garments. One was a skirt snipped in the front panel while being made and the other a burned spot in the front panel of another good dress.

Sub-Project D. 4-H Clothing.

A very good year's work has been accomplished in 4-H Clothing. While without exception clubs have done some sewing for the Red Cross they have

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Sub-Project D. 4-H Clothing.

also finished their required work as set forth in the University 4-H Bulletins. Each year it seems that the girls grow more persistent in effort which makes for better mastery of sewing techniques. It seems less difficult to find competent leaders than in previous years. This year the leaders were the best, on the whole, in ability, initiative and enthusiasm, as compared with former years.

The Sunnyside club has had, and she is continuing through the present year, one of the public spirited mothers in the community who knows how to handle girls and has had considerable experience in dress making activities. She gives one complete day a week to 4-H Club work and has carried the club program for the summer as well as for the school year. Under her guidance this summer the girls accomplished quite a little in Red Cross sewing as well as making dresses for themselves.

During the school year closing in June Rood had as leader one of the teachers who has done 4-H leadership work for eight years in Yuma County. She was for a number of years leader of a club near Parker in the northern part of the county. Her ability and faithfulness were recognized this year when she was named one of Arizona's five outstanding leaders, and was presented with a jeweled pin. This present school year she, unfortunately, has left the state. Her place, however, has been taken by a Home Economics graduate who is doing a grand job as 4-H clothing leader. During the summer months the mother of Yuma County's National Clothing Achievement winner for 1942 has acted as leader for Rood, having the girls meet in her home each week. This group did Red Cross Sewing during the summer, as well as sewing for themselves.

At Somerton the leader who carried the girls through the summer, as well as the school year, was a teacher who is, as well, a rural woman living in the vicinity of Somerton. The Somerton girls have evidenced an unusual ability in sewing. Several of the girls have done quite extensive garment construction for themselves and members of their families, and their work would make a creditable showing anywhere. During the summer months they met with their leader at the school in Somerton. There is an ample supply of sewing machines at the school and the Agent was always surprised on her visit at the amount and good quality of work which the girls were able to turn out. In addition, at the end of the summer the girls had quite a little home sewing to their credit.

At Wellton the leader during the school year has been a long time Home Demonstration Club member who taught to help out in the teacher shortage. This leader felt that the girls should help out in the war emergency and so they spent the year working on baby layettes for the Red Cross. The

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same techniques were involved as in the regular work and the work kept uniform for each girl, that is, dress, gertrudes, jacket, baby blanket. The girls also learned to knit - knitting blocks which were sewed together as a group project. As a group project they also painted two baskets for bassinets, decorated jars for swabs, boric acid, etc; raised money to purchase baby shirts and stockings to complete their layettes. The club had a very fine exhibit on Achievement Day and the things were afterwards delivered to the Red Cross chapter, much to their surprise and delight.

Because some of the older Wellton and vicinity girls felt they should be working on garments for themselves in order that they might keep their records clear, a supplementary club was organized to meet on Saturdays or holidays and led by one of the mothers. Because this group particularly requested help, the Agent met with them fairly often during the year, helping them to carry on their work in every way she could. From this group two members entered the county Dress Revue contest, making sailor dress costumes of very creditable workmanship. One other member was eligible in every way for the Dress Revue but was not quite old enough so decided to wait until another year.

For the past few years the 4-H Clothing Club at Crane has been outstanding. The club has been a large one and the quality and quantity of work done excellent. The leader for this work was not, however, in the county last year. The one who took her place did a conscientious job but there were many limiting factors. To begin with there were not as many girls in the community, then there were many interruptions such as afternoons off because of rationing registrations, etc. However, the girls who participated finished their year's work. This year the former leader has returned, the group is again larger, and is working enthusiastically. The Crane girls did not meet during the summer months because of transportation difficulties, etc.

The above serves to mention the Yuma County Clothing leaders thought to be outstanding in their efforts. As before mentioned all leaders served well.

Because of the emphasis on adjustments to meet the war emergencies less importance was attached this year to perfecting costumes for Dress Revue work than formerly. However, there was interest in the project and a group of 4-H girls did make complete outfits for themselves, all of which were utilitarian rather than dress-up or party costumes. The winning costume was one for street or school wear and consisted of a dress in steel blue and red spun plaid rayon. The style was interesting, the workmanship good and all plaids were matched. The dress was trimmed with red rayon

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taffeta piping and this same material was used for making a slip, hat and purse. All in all it was a very representative piece of work and represented a real accomplishment on the part of the girl who did it.

The advanced girls who were eligible to try for clothing achievement records felt that they preferred waiting for another year at least before entering the state contest. However, here should be mentioned the 4-H Club girl who was county winner in the Record Contest. She lives on a ranch near Wellton, is eighteen years old, and a senior in high school. Since she is one of the older sisters in a family of girls, she has grown up knowing how to do all kinds of farm work. She has done extensive sewing for herself and the family beginning when she first enrolled as a 4-H club girl at ten years of age. For a few years the family lived in Colorado and there Ann (her name) had a different kind of farm experience. She worked for a time in a commercial dairy and last summer worked as a book-keeper. Ann has been a very loyal 4-H Club girl, being content to help other girls in the club rather than to try for awards for herself. She has always known the demonstrations which her club companions have developed as well as the girls who represented the club. The explanation is that Ann has been a very busy girl with responsibilities which have kept her close at home. This last summer the Agent persuaded Ann to make a written record of her 4-H Club activities. The result was most gratifying. Ann had not only a splendid record but she wrote it up in a style, doing credit to a professional. She was easily the county winner. In the state contest she was up against 4-H girls who had considerable state and national trophies to their credit, so she was ruled out. However, here in the county, the feeling is that in terms of actual farm abilities Ann must rank high and is a 4-H Club girl of whom to be very proud.

As before mentioned, 4-H Club girls exhibited dresses of their own making in a dress revue at the 4-H Achievement program in September. It was very evident from this revue that the girls had gained much in resourcefulness and poise from their 4-H club work. This resourcefulness has been also evident from the number of girls who have actually taken on the job of doing their own sewing. In illustration of this, the Agent visited one home late this summer and found the two 4-H Club girls of the family busily sewing; one of the girls had made eight dresses as well as underwear, and the other girl had done almost as well. At a picnic of one 4-H Club, the Agent talked to two mothers who reported that their daughters had done equally as well as the girls cited above.

For two days in March the State Clothing Specialist, together with the Agent, visited the following 4-H Clothing clubs: Crane, Sunnyside,

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Somerton, Rood, Gadsden. At these meetings the specialist discussed posture and the making of cotton dresses with the girls, illustrating her remarks with projecture slides. The club members were delighted with the meetings and these meetings were, no doubt, partially responsible for the good showing made at the dress revue in September.

In February Mr. Emil Rovey, State Club Specialist, was in the county. With him the Agent spent three days visiting clubs as follows: Roll, Wellton, Gadsden, Sunnyside, Crane, Rood and Somerton. While Mr. Rovey's chief interest was 4-H participation in the war effort, yet he helped in a general way with his enthusiasm and untiring interest in the girls' behalf. When Mr. Rovey left the Extension Service in the spring, he left many warm friends among the 4-H Club members and leaders in the county. They have always felt it a real occasion when he has visited the county.

The new clothing club bulletins have been very helpful to leaders and members alike. They are finding them very useful and helpful.

The regular 4-H club achievements held in May of this year are being reported under Community Activities XVIII E.

XV Home Management

Sub-Project A. Selection.

As in previous years household accounts and budgets have been discussed, round table fashion, at some meeting of all Home Demonstration Clubs during the year. The increased importance of income tax reduction has somewhat removed the need of formal instruction from Home Demonstration Activities. As nearly as the Agent can ascertain, all rural families are keeping accounts. However, most of them prefer following their own methods and the wall calendar continues to be a favorite method of jotting down expenditures. A small percentage only of Home Demonstration Club members actually make a budget for the year. The Agent is always reminded, when she brings up the subject, that budget making is not practical for Yuma County farm homes, and that the war economy has served to make it even less practical. In the few homes, however, where budgets are made and the habit is fixed, home makers are firmly convinced of its value. At meetings they speak up in its behalf.

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XV Home Management

Sub-Project A. Selection (cont'd)

As previously explained this year, more than in previous years, the Agent has been privileged to act as consultant in the many fields of home-making. This has been particularly true of home furnishings. She has advised home makers on slip covers, curtains, equipment, arrangements of furniture, etc.

Sub-Project B. Construction

The difficulty home makers have experienced in purchasing desirable new upholstered furniture has made them more desirous of remodeling their old furniture. In previous years there has been a good shop in Yuma where one could get furniture rejuvenated. This year because of increased demands for automobile covers, etc. the shop has refused to take furniture.

For several years past Home Demonstration activities have included the making of slip covers, reupholstering, tying of springs, etc. This instruction is undoubtedly helping out in the present need, for there is a nucleus of women who pass on methods and techniques to their friends. The Agent has acted as instructor, when no other leadership was available, for all day work meetings. At these meetings the group usually finishes slip covers for two or more pieces including a lounge and chair, etc. There is always such outstanding improvement in the furniture that the group is very satisfied for the work included. Some specific instances are as follows: Recently a member of the South Gila Home Demonstration Club asked that she be given help with her living room furniture. It was found that the furniture was practically new but that the springs in the cushions had come untied and were in a hopeless tangle. The group met, the springs were sewed in muslin bags (made from flour sacks) and the cushions rebuilt. It was quite a revelation for the furniture was transformed from a dilapidated set to one that looked and felt like new.

In another instance the group covered a set of furniture and an additional chair. They patterned their work from furniture some of them had seen in one of the exclusive home furnishing shops of Los Angeles, and when they had finished they declared their products were quite as professional looking as the original. This group worked on several occasions so they were not hurried even though they worked hard, and this helped them to turn out an excellent, finished product.

All in all there is probably no phase of Home Demonstration work that brings the dollars and cents return that this furniture rejuvenation brings. The substantial savings for each set of furniture re-done is very attractive but the creative satisfaction is equally as good.

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XV Home Management

Sub-Project B. Construction

While the mattress program was officially closed in 1942, like other extension programs, its practices have continued this year of 1943. Since, by the time the program closed, there were many people in the county who knew very well how to make mattresses, there undoubtedly have been mattresses made without the Agent's knowledge. Yuma County, in previous years, grew cotton on a fairly large scale and so there is some stored in various homes. It has been largely this cotton that has been used. One of the mattress centers turned over its supplies; that is, mattress needles, safety pins, etc., to the Agent. On three occasions the Agent has loaned these supplies for making mattresses.

The last remnants of ticking from the program were, early this year, turned over to women from Semerton and vicinity. These women, under the auspices of the Methodist church, constructed a Red Cross Community Center, including an assembly room, kitchenette, lounge and rest rooms. For this center they made eight mattresses from the material given. These mattresses are held in reserve for use in case of disaster. It is nice to report that, to date, there has been no use for them.

XVI Health

As in previous years health has not been treated as a separate project, but has rather been integrated in all work presented - nutrition, clothing, home management, recreation. Whenever feasible the Agent has sought to make home makers conscious of the need of eternal vigilance to cope with Yuma County's fly menace. As an example of this is the following: At a sectional meeting of the Yuma County Teachers Association, the Agent led a round table discussion on the operations of hot school lunches. At the request of the group eradication of flies was discussed. Two centers reported having eliminated flies by the use of a special electric grill. This grill, at present, seems to be the best device to use to prevent the prevalence of flies.

XVIII Community Activities.

Sub-Project A. Related Agencies.

Related agencies may be listed as the following: American Red Cross, Woman's Activities Committee of the Defense Council, Yuma County Nutrition Committee, Arizona Crippled Children's Society, United Service

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XVIII Community Activities (cont'd)

Sub-Project A. Related Agencies (cont'd)

Organization, Business and Professional Women's Club, Women's Land Army. Contacts almost without exception have been of a war emergency nature.

Cooperation with the American Red Cross has included work in behalf of nutrition, canteen and sewing activities, most of which have been previously told. The Agent has helped the canteen with all its activities for community service, raising funds, etc.

The block leader movement for the city of Yuma has functioned through the Women's Activities Committee of the Defense Council. The Agent has given talks at meetings of the group in behalf of "Share the Meat" campaign and on "Rationing Techniques". She has attended committee meetings.

In 1942 the Agent acted as chairman of the Yuma County Nutrition Committee. This current year she has not been chairman but has acted in an assisting capacity to the newly elected officers.

On request the Agent gave one broadcast in behalf of the Crippled Children's Society.

All organizations in Yuma and vicinity have been asked to help out in preparing and serving food at the U.S.O. Center. In this capacity the Agent has cooperated with the Canteen, the Business and Professional Women's Club, the Presbyterian Church, and the Toastmistress Club.

The Home Demonstration Agent has made an effort to acquaint the rural women of Yuma County with the possibilities of the Woman's Land Army. She has distributed leaflets on the subject and has purchased one of the uniforms for herself which she has shown at Home Demonstration Club meetings. Because there is practically no unemployment among rural women in Yuma County and because they are already actively engaged in farm work, club members have seen no object in signing up for service. They have much approved of the uniforms. However, to the Agent's knowledge, but two uniforms have actually been purchased.

Sub-Project B. Conferences.

During the current year conferences have been curtailed because of travel difficulties. Those that have occurred may be divided into two groups as follows:

- (1) State conferences
- (2) Conferences within the county

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(c) Project Activities and Results (cont'd)

XVIII Community Activities (cont'd)

Sub-Project B. Conferences.

The State conferences chronologically were:

December - Annual State Extension Conference.
January - Home Demonstration Nutrition Conference
February - Point Rationing Explainer System Conference
May - Annual Home Demonstration Planning Conference.

Conferences within the county have been pretty well taken care of in the foregoing discussions concerning project activities. It may be well to repeat that there have been program committee meetings with home demonstration clubs, and that the Home Demonstration Agent has assisted through conferences in program planning with other adult women's organizations as well.

Sub-Project C. Publicity

The newspaper continues its splendid cooperation, and news items have consistently been published. There have been a few news items concerning Home Demonstration work in Yuma County in the Arizona Farmer. Here the Agent is doubtless responsible for there not being more frequent items. She hopes to find time to send in more publicity material in the future. The Agent also regrets to report that there have been only five broadcasts by the Agent. Here the responsibility is with the policy of the local radio station rather than any neglect on the part of the Agent. It may be here stated that the Agent indirectly helped to see that the daily Western Agriculture broadcast was returned to the local broadcast activities. Since this program very ably covers rural activities in both Agriculture and Home Economics, it is a very good arrangement. The Agent finds that this program is widely heard throughout the county and its teachings are being used.

Sub-Project E. Achievement Days.

In ordinary years the geography of Yuma County makes county-wide achievement days, in which all people come to a common center for comparative work, not feasible. Much less has it been possible this year of limited transportation facilities. Hence Achievement Days have been limited to 4-H Club work and these have been, except for the Achievement program in September, in individual communities. In May all clubs in the southern part of the county had individual achievements with a 4-h Club representative from the University and the Home Demonstration Agent in attendance. As previously related, in September an achievement program was held at the Business and Professional Women's Clubhouse in Yuma with representatives from all clubs in the southern part of the county in attendance.

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D. PROGRAM OF WORK (Cont'd)

(c) Project Activities and Results (cont'd)

XVIII Community Activities (cont'd)

Sub-Project K. Recreation.

There has been little time for recreation as a major activity this year. There has been an effort that 4-H Clubs have some social activities. During the school year this has been supervised by the respective leaders. During the summer months this was not feasible and actively helped in the planning and carrying through of a series of picnics for the different clubs.

On several occasions the Agent has helped with the planning and preparation of community dinners. She is organist at a local church using a Hammond Electric organ. This is mentioned because the church attendance includes people from Yuma vicinity as far as Gadsden, so can be counted as a Community Activity.

One cannot be a Home Demonstration Agent in one county for eight years without making many contacts that serve to stimulate community life, recreational and otherwise. Hence, many services have been rendered which in themselves may not warrant mention but which have together been a real positive factor.

E. OUTLOOK AND RECOMMENDATIONS

Z The outlook for Home Demonstration work seems to be one of comparative security because the things which the work have to offer are proving more and more needed in the operation of homes. That a full program lies ahead for the Agent seems certain. There are requests for work meetings; meetings that will help in conservation of foods, clothing and home furnishings. It would seem that work of a War Emergency nature should be taken care of first and that prescribed programs should follow as best they can. While local leader meetings have their place in the forwarding of the program, it appears that they will never suffice for a complete procedure. Distances are great, home makers have "stepped-up" home duties, and transportation is limited. If real results are to be obtained, Extension service must in all its activities take cognizance of these conditions.

4-H Club work is increasing in seriousness of purpose and in dignity of service. The outlook is for bigger and better club work, both from members and from leaders.

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AN EXPLANATION

Until 1942 it was the custom of the Home Demonstration Agent to include in her annual report pictures illustrative of the year's activities. She regrets omitting such pictures in the current report and submits the following explanation:

1. Because of travel difficulties and war conservations there has been an absence of meetings, telling a County Achievement story; such as, 4-H Club Round-Up, Country Life Conference, etc.
2. Because of congestion of Yuma business firms it has been necessary to discourage all services such as purchase of films, development, etc.
3. Because of government requests to limit purchases to necessities, this has been deemed one activity which could well be omitted.

Miss Mariel Hopkins
Home Demonstration Agent
Yuma County, Arizona
1943

WASTE FAT PROBLEM IS SOLVED

Fats May Be Sold To Markets Or Given to Scouts

As a result of the action of the Yuma county salvage committee, Yuma residents for the first time in a year will have the opportunity of complying with the government's request to save waste fats for war use with the assurance that they will reach their destination.

Alma V. Tate, state executive secretary of the General Salvage branch of the War Production Board, Phoenix, was in Yuma this week to confer with C. F. Cargo, chairman of the Yuma county salvage committee and other members of the committee at which time plans were formulated for the handling of the fats deposited at various meat markets in the city.

May Donate to Boy Scouts

Local markets will now pay 4 cents per pound for the fats in the event the housewife wishes to sell it. However in case she cares to donate the proceeds to the Boy Scouts, she may leave the container with any market and it will be held for the Scouts. The money thus obtained will go into the troop funds of the Scouts, officials announced.

The committee for collection of fats by the Boy Scouts is headed by Mrs. Mary Spaulding and Jack Beard who announced that a depot for collection has been established and all fats will get to the proper destination in a short time. A representative of a nearby rendering plant will make regular trips to Yuma to collect the fats stored at the depot.

The quota for fats collection for Yuma county has been established at two pounds per person annually which means one-sixth of a pound per person per month or one tablespoon of fat per day per family.

Posters will be displayed at the various stores which are accepting fats for donation to the Boy Scouts.

This clipping is taken from the Yuma Daily Sun dated December 9, 1943. The present report has been finished prior to this date. However since the clipping has a direct bearing on the problem as given on pages 13 and 14 above, it is here appended.